

# What's Up with Not Eating Breakfast?



***Dear Parents... Do your children, teenagers, or other family members hurry out the door most mornings without eating breakfast?***

If you're like many of today's families, mornings are hectic – getting dressed and ready for the day and taking care of morning chores often means little or no time for breakfast for you or your family.

According to a recent U.S. Department of Agriculture study and local studies conducted in Clinton, Eaton and Ingham counties, the number of kids who skip breakfast is increasing. It seems that breakfast starts to hit the wayside around grade 6 and goes downhill through grade 12. Parents, children, and teenagers in Clinton, Eaton, and Ingham counties state that **lack of time** is the biggest culprit.

But kids who eat breakfast are likely to do better in school, have fewer behavioral problems, and say that

they feel better throughout their day. Here are some tips on how to save time and promote healthy Grab-n-Go breakfasts in your home:

- When you grocery shop be sure to choose plenty of healthy Grab and Go Breakfast foods. (see below for ideas).
- Package foods so that your kids can Grab-n-Go out the door with a quick and healthy breakfast that they can munch on in the car, on the bus, at their locker, or between morning classes.
- Set a good example. Young people are influenced by adults' eating habits, so be sure to Eat Healthy. Eat Breakfast. – your kids are watching.

## Grab and Go Breakfasts

**Busy families need Grab and Go breakfasts. Buy these healthy foods when you grocery shop, then try one of these ten great-tasting combos for breakfast and the whole family will rise, shine, AND save time!**

1. A bagel with a slice of low-fat cheese and apple juice.
2. A banana, a piece of string cheese, and a mini-muffin.
3. A tortilla wrap with slices of low-fat ham and cheese.
4. An English muffin with peanut butter and some milk.
5. A carton of yogurt or yogurt in a tube, a low-fat granola bar, and juice.
6. An apple, a low-fat granola bar, and a hard-boiled egg.
7. A peanut butter and jelly sandwich with milk.
8. A fruit shake or smoothie made with yogurt, fresh or frozen fruit, and milk; and a few graham crackers.
9. A piece of leftover pizza and orange juice.
10. A bag of trail mix or a box of raisins and a carton of milk.

Source: The Michigan Nutrition Network, *Eat Healthy. Eat Breakfast.* campaign, and the Montana Office of Public Instruction – School Food Service

# Whatever you do... eat breakfast

Team Nutrition

## Recipes

from Food, Family, and Fun, A Seasonal Guide to Healthy Eating, United States Department of Agriculture

**Fruit Yogurt Shake...** Preparation time: about 10 minutes; serves two

**1 cup fruit (peaches, strawberries, bananas), cut up**  
**4 scoops (1-1/3 cups) nonfat vanilla frozen yogurt**

**2 cups skim milk, ice cold**  
**2 Tbsp. sugar**

1. Cut fruit up carefully.
2. Place all ingredients in blender, close top, and then puree.
3. Pour into chilled glasses. Serve with straws. Cool!



**Carrot Bars...** Preparation time: 25-30 minutes; makes 40 pieces

**1 cup sugar**  
**1/2 cup vegetable oil**  
**1/4 applesauce**  
**2 jars baby food carrots**  
**2 eggs, beaten**  
**1 1/4 cup flour**  
**1 tsp. vanilla**  
**1 tsp. baking soda**  
**1 tsp. cinnamon**

**1/2 tsp. salt**  
**1/2 cup nuts, chopped (optional)**

**Icing (optional)**  
**1/4 cup soft margarine**  
**1 1/2 cups powdered sugar**  
**3 oz. light cream cheese**  
**1 tsp. vanilla**

**Preheat oven to 350° F.**

1. In a large bowl, mix sugar, oil, applesauce, baby food carrots, eggs, flour, 1 tsp. of vanilla, baking soda, cinnamon, salt, and nuts (optional) together.
2. Bake in 13" x 9" greased and floured pan for 25-30 minutes.
3. While bars bake, mix icing (optional): margarine, powdered sugar, light cream cheese, and 1 tsp. vanilla.
4. When bars are baked, cool; spread with icing or sprinkle with powdered sugar. Cut into bars.



**Looking for more healthy recipes?** Visit the National Team Nutrition Web site, click on **Parent Place**, then click on **Food, Family and Fun, A Seasonal Guide to Healthy Eating**.

**[www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)**

# ACES Day!

## **ATTENTION SCHOOL FOODSERVICE**

### **Help Celebrate ACES Day – Wednesday, May 1, 2002!**

On Wednesday, May 1, 2002, millions of children all across the United States will be exercising – at the same time! And, whether they're riding bikes, shooting hoops, skating, dancing, swimming, or hiking in the park – after they're finished – they'll want a healthy snack!

Linking the cafeteria with what kids learn in the classroom, and do on the playground is a great way to get the message out to students, families, and school staff members that creating a Healthy School Nutrition Environment that supports healthy eating and physical activity is important.

***Show your commitment to serving healthy school meals and snacks that can help students eat healthier, play harder, and do better in school. Offer students a healthy snack after they exercise on ACES Day, May 1, 2002. Try these suggestions:***

#### **AT SCHOOL... in the cafeteria, on the playground, or in the classroom**

- Fresh, mixed-fruit cup (melon, apples, oranges, etc.)
- Assorted flavored graham crackers (chocolate, plain, and cinnamon) and low-fat milk
- Vegetable soup and crackers
- 100% juice and cheese stick
- Fruit and yogurt smoothie
- *Peanut Butter Bars* (see other side)
- Pretzels and cheese cubes
- Animal crackers and flavored low-fat milk
- 4-ounce flavored low-fat yogurt
- Apples and peanut butter
- 100% grape juice and a scoop of low-fat frozen vanilla yogurt
- Cut-up veggies and veggie dip
- 100% frozen fruit juice bar

#### **ON-THE-GO... Fast snacks you can pack and take with you**

- Trail mix (dry cereal mixed with commodity dried cherries, dried cranberries, and almonds)
- Cereal bar
- Fresh single-serving fruits (e.g. apple, banana, orange)
- Individually packaged animal or graham crackers
- 1.8 ounce muffin
- Partially frozen 4-ounce, 100% juice
- Fresh cut-up veggies, e.g., carrots and celery
- Uncrustable® peanut butter sandwich
- Frozen 4-ounce low-fat yogurt cup (don't forget the spoon)

**Make sure you have plenty of**

**water**

**available for participants to drink!**

## Team Nutrition Recipe

# Peanut Butter Bars

from USDA's *A Tool Kit for Healthy School Meals, Recipes C-26 and C-27*

100 servings -- Serve with cold milk

### **Peanut Butter Bars**

INGREDIENTS	MEASURE	DIRECTIONS
Margarine or butter Brown sugar Peanut butter Salt	1 cup 1 qt 2 cups 2 2/3 cups 2 tsp	1. Cream butter or margarine, brown sugar, peanut butter, and salt in a mixer. Mix with a paddle attachment for 10 minutes.
Frozen egg whites, thawed, or Fresh large egg whites Canned applesauce Vanilla	2 1/2 cups 10 each 1 cup 2 Tbsp.	2. Add egg whites, applesauce, and vanilla. Mix for 1 minute or until smooth. Scrape down the sides of the bowl.
All-purpose flour Baking powder	1 qt 2 cups 2 Tbsp.	3. Combine baking powder and flour. Add half of this to batter and mix. Add the other half and mix. Continue mixing for 1 minute or until smooth. 4. Spread in one lightly greased 18 x 20 x 1 sheet pan. 5. To Bake: conventional oven 350° F for 25 minutes, convection oven, 325° F for twenty minutes. Bake until set and light brown. 6. Cut 10 x 10. 7. Frost with Peanut Butter Glaze.

### **Peanut Butter Glaze**

Powdered sugar Peanut Butter	1 qt 1 cup	1. Cream powdered sugar and peanut butter in a mixer with a paddle attachment for five minutes.
Corn Syrup Low-fat milk	3/8 cup 1 cup	2. Add corn syrup and low-fat milk and mix until smooth. 3. Spread over slightly cooled peanut butter bars.

#### **Other Tool Kit recipes that would make terrific ACES Day snacks:**

- Gingerbread with Orange Glaze C-23
- Royal Brownies C-21
- Fresh Vegetables and Ranch Dressing E-19
- Whole Wheat Sugar Cookies C-30
- Granola J-1
- Waldorf Fruit Salad E-12
- Oatmeal Muffin Squares B-20
- New Oatmeal Raisin Cookies C-25

**Are you looking for other great-tasting Team Nutrition recipes?**

**Look in the Team Nutrition resource, *A Tool Kit for Healthy School Meals*.**

**Don't have this resource? Call the National Team Nutrition office at (703) 305-1624.**

This flyer brought to you by Michigan Team Nutrition. To find out more about Team Nutrition visit the Michigan Team Nutrition

Web site at: **[www.msue.msu.edu/fnh/tn](http://www.msue.msu.edu/fnh/tn)**



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